

Lifestyle People aged between 30-40 coming with new-found cardio issues



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New Delhi, Sep 26 : Respiratory disorders caused by Covid-19 have taken a centre-stage during the pandemic, overshadowing other burgeoning health issues, particularly cardiovascular disorders (CVDs). With the recent uptick in heart diseases over the last few months, people are facing the likelihood of cardiovascular concerns at a large scale.

The incidences of new-onset and worsening heart problems are being highlighted by medical experts. However, a worrying trend is being noticed by them where patients, coming with new-found CVD aged between 30 and 40 while the majority hails from metro cities.

"We are observing a notable shift in the trend of CVDs where people in their 30-40s are getting heart attacks and other cardiac problems, from metros like Delhi and Mumbai," observed Dr Partap Chauhan, Director at Jiva Ayurveda, a leading Ayurvedic telemedicine organization in India.

"We had the maximum number of cases from the Maharashtra region (150+ cases), followed by Delhi (200+ cases), Uttar Pradesh (300+ cases) and Haryana (110+ cases), of which around 1,000 were males and 480 were females," he informed.

Notably, most of these cases also had an observable trend in co-morbidity. "Our doctors consulted 670 cases for hypertension, followed by 216 cases of Hypercholesterolemia and 174 cases of Hridroga (other heart diseases)," Chauhan shared.

Besides, he also estimated that more than cases related to cardiovascular problems have increased by 50 per cent.

"Before lockdown, our doctors consulted 748 cases for cardiovascular diseases, during the complete lockdown, we got 322 cases of CVDs and post-lockdown, our doctors have consulted around 776 cases through our telemedicine centre and clinics," Chauhan added.

Weighing on the sudden spurt in cardiovascular issues, Chauhan listed certain aggregators that contributed to the rise. "The unavailability of quality medical care and the fear of contagion is one of the few common causes for the worsening condition of patients with pre-existing heart problems. In addition to that, the sudden and disproportionate increase in causative factors such as stress, anxiety, obesity, and physical inactivity is pushing the pre-CVD segment of people in their late 40s and with existing comorbidities into becoming new patients of CVD," he explained.

He also said that emotional factors such as Isolation, loss of employment, financial dilemmas, and the emotional burden of being away from family members or bereavement have made matters worse. "The psychological effects (loneliness, stress, anxiety, isolation, unemployment fear and economic burden) of the pandemic combined with other lifestyle factors like smoking and drinking, irregular eating habits, unhealthy diet and physical inactivity may increase CVD cases during the pandemic," Chauhan added.

Meanwhile, stress, bad diet, and emotional turmoil is taking a toll on the heart. Chauhan said that adopting a healthy lifestyle, and adding yoga and herbs in your daily routine can help.

"Over a period, it becomes weak and coupled with incorrect lifestyle choices such as smoking, drinking alcohol or eating junk food, the already high risk of developing heart diseases goes up. Practising yoga and pranayama could reduce stress levels. A gentle head massage or full body massage with oil relieves tension and reduces the load on your heart. Switch off highly charged TV broadcasts if it is causing you stress. Spend time cultivating what makes you happy, healthy and gives you peace," he advised.